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Gerald and Barb Osterloo said goodbye this year to a cast iron tub they had been scrubbing since 1966. No tears were shed. For 42 years, the Osterloos have had the same high maintenance tub, the same dark blue tile, the same inconvenient bathroom layout in their Ames home. This summer all that changed. With one call to Ames Contracting Team, the Osterloos turned that familiar old bathroom into the bathroom of their dreams and bid farewell to cast iron once and for all. Now the bathroom is as comfortable to them as the rest of the house they love so well.

"We have been here a lot of years and the bathroom needed some updating," explained Barb. "This bathroom was very old and the cast iron tub took a lot of work. I just had to scrub, scrub, scrub to keep it clean."

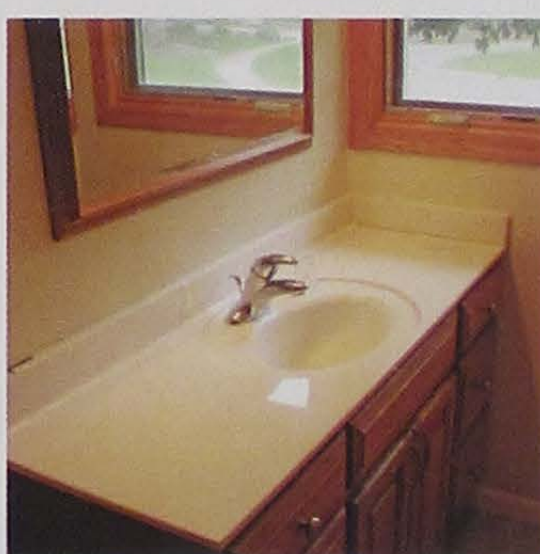
According to Barb, remodeling this decades-old bathroom was no small task. Because the room rests on a concrete slab, a jackhammer was necessary to remove the floor, she explained. In addition, a bedroom closet was removed to enlarge the room and allow for a more convenient floor plan and a new bathroom closet was added. "It was a big job for a little bathroom," Barb said.

Despite the magnitude of the project, Barb noted that the Ames Contracting Team came to work happy every day. "They were so easy to work with, very pleasant, very accommodating, very hardworking, and always in a good mood."

The Osterloos appreciated the convenience and expertise of Ames Contracting Team. "They could handle it beginning to end," Barb said. "I would recommend them to anyone."

The couple is eager to enjoy this brand new space in their familiar family home. Among Barb's favorite features is a new neutral color scheme throughout the room. After 42 years of blue flooring, she can expand her decorating horizons. "Before I had to stick with something that worked with blue!" she laughed.

"Everything is so new and fresh," she added. "I just love the looks of it!"



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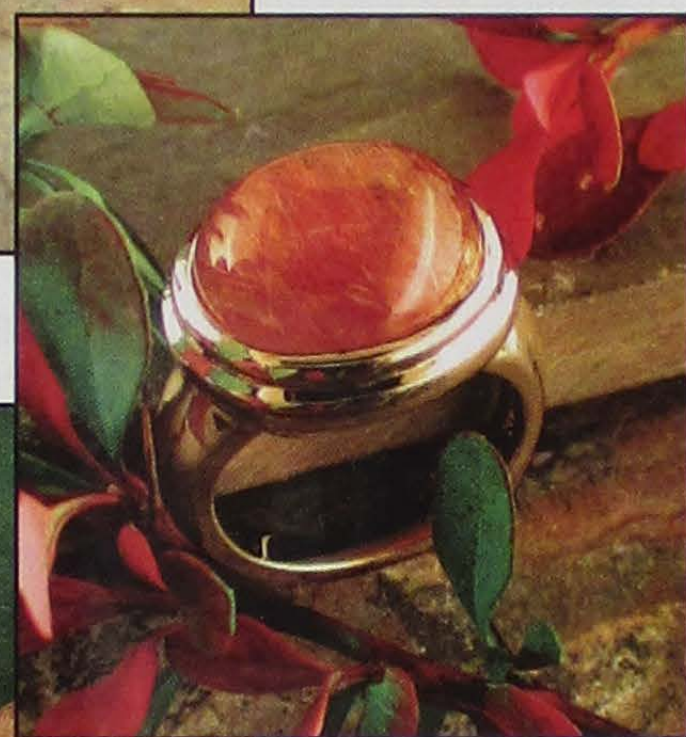
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Facet - 1. One of the flat surfaces cut on a gemstone.
2. The particular angle from which something is considered.

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In this issue

- | | |
|--|---|
| <p>6 WORKSPACE AT THE MEMORIAL UNION
Attracts students and public alike.</p> <p>7 THE OCTAGON CENTER FOR THE ARTS
Q&A with Octagon curator.</p> <p>9 FITNESS
Language arts of exercise.</p> <p>10 A LETTER TO LILY
Beth Fleming writes a letter to her granddaughter.</p> <p>12 FOOD BITES
The flavor of fall.</p> <p>13 RECREATE
Up close and personal with JB Knacker co-owners.</p> <p>16 COMPASSION IN ACTION
NAMI's Joyce Burland wants to erase stigma of mental illness.</p> | <p>18 RED WHITE AND BLUE KEEPSAKES
Artist, students collaborate on project.</p> <p>19 OCTOBER CALENDAR
A guide to local events.</p> <p>20 GIRLFRIENDS GUIDE TO FINANCIAL INDEPENDENCE
The art of spending.</p> <p>22 ARTS AND CULTURE
A journey of transition.</p> <p>24 HUE & CRY
Anyone can appreciate the beauty of art.</p> <p>25 THE ARTIST IN YOU
Creativity in the home and elsewhere.</p> <p>26 FACETED WOMAN
Meet Andrea Carsrud.</p> |
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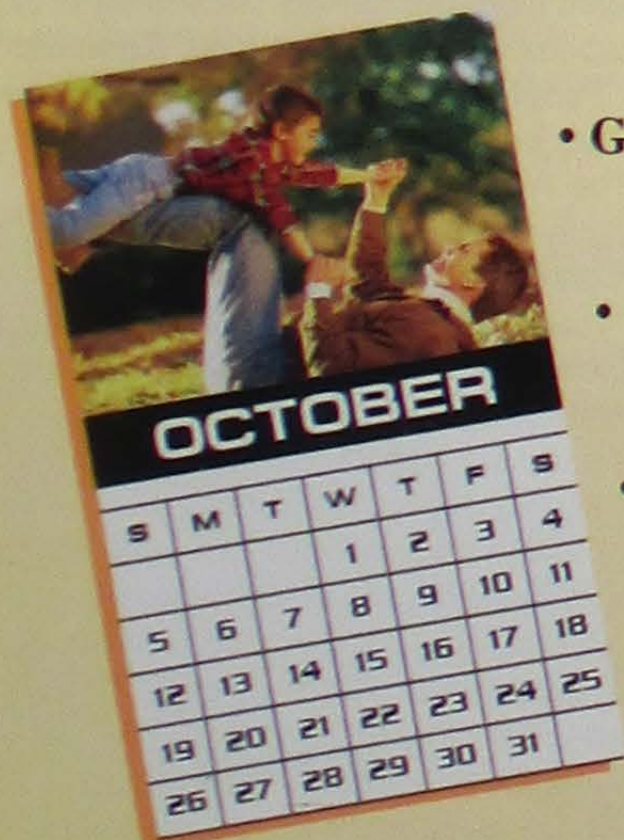
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WORKSPACE

at the Memorial Union *attracts students and public alike*

By MARY HALSTRUM
Facets Editor



Photo by RONNIE MILLER

You don't have to be a student at Iowa State University to take advantage of the Workspace at the Memorial Union, said Workspace and Fine Arts Coordinator Letitia Kenemer. ISU students and the public are both welcome to use the Workspace studio.

"The Workspace is a community studio. It's one of the few programs on campus open to the public and the students," Kenemer said. There are approximately 50 classes offered each semester at the Workspace, including classes in clay, basketweaving, mat cutting, jewelry making, glass, woodshop, painting and drawing, knitting and photography. Class duration ranges from one evening to eight weeks.

Studio space can also be rented by either purchasing a daily or a semester pass.

The Workspace was created back in

1969 at the behest of the Student Union Board.

"The Workspace offers a space to get messy," Kenemer said. "We try to be easy in that you can come to the Workspace, and we'll have everything you need to work on your project."

Workspace classes are taught by professionals, artists and college students. There are 22 instructors. The workspace is located in the basement of the Memorial Union.

Abby Sothman, 22, is an ISU student majoring in fine arts and political science. She is an instructor in spoon jewelry, charm bracelets and acrylic painting classes at the Workspace.

"Classes are a huge mix of the entire Ames community, more or less," she said.

"There's always someone in the studio to talk about art with. It's a great way to

meet people and it's so far off the beaten path, you'll get completely immersed in the Workspace with no distractions," Kenemer said. "People are here because they choose to be, not because they have to be."

The Workspace is funded through student fees, along with money from class registration and materials fees.

"The Workspace is a service. It's part of the student activities center," Kenemer said.

Prices for semester passes for the Workspace are \$25 for ISU students and \$30 for non-IUS students. Daily passes are \$3 for ISU students and \$4 for non-ISU students. Hours for the Workspace are Monday through Thursday, 2 to 10 p.m.; Saturday, 10 a.m. to 5 p.m.; and Sunday, 1 to 5 p.m. The Workspace is closed on Friday.

For an entire class listing for the Workspace, go to www.mu.iastate.edu/workspace.

The Octagon Center for the Arts

HISTORY

The Octagon opened its doors on Jan. 23, 1966 in Ames' 100-year-old octagonal house. The center was operated by the Ames Society for the Arts, a nonprofit organization. The Octagon began with no reserve funding and depended on memberships, class fees and contributions for support.

The Octagon occupied only one floor of the house for the first six months, and then eventually the entire house was rented. An effort was made to purchase the house with the idea of moving it to a more suitable and convenient location. The owner agreed to give the house to the city of Ames if it could be moved and placed on a new foundation. The city council was approached because of the historical significance of the house and Octagon supporters appealed to them for funds to move and relocate the house. In spite of persistent appeals, the city rejected the plea.

By 1968, the Octagon had outgrown the house and moved to a second floor space in downtown Ames. More than 100 volunteers renovated the 9,000-foot space and The Octagon operated here until 1979.

In 1973 programs had outgrown the space again and additional space was sought in the downtown area. A purchase contract was negotiated with Lowella Sweeney for the basement, first, and second floors of the "Masonic Building" at our present location. From 1973 to 1979, the Octagon operated from two facilities. In 1978, the Masons, who owned and occupied the third floor of the building, decided to move and the entire space was acquired in another purchase agreement.

Throughout this time, The Octagon Center for the Arts has been serving the Ames community and the Midwest region through a wide variety of art classes, exhibitions, promotion in The Octagon Shop and special events.

The Octagon provides a wide variety of exhibitions throughout the year. The Octagon has received national recognition for its exhibitions of traditional and contemporary



Original location of Octagon.

fine crafts and has held panel discussions, lectures, workshops and national symposia in conjunction with its art exhibition program. The Octagon continues to serve the community by organizing annual exhibitions such as the Ames High School Senior Art Show, The Annual Clay, Fiber, Paper, Glass, Metal and Wood Exhibition, and the Community of Artists Exhibition. The Octagon also represents solo shows by area artists, juried exhibitions, invitationals and nationally traveling exhibitions.

The Octagon has an extensive mask collection from former Ames residents Lilian and Leonard Feinberg. The 71 masks, some of which are well over 100 years old, represent 18 countries and two states, including Sri Lanka, Africa, North America and Asia.

Year-round classes in the arts are held at The Octagon. Each session offers a variety of classes for children ages 18 months to adult. These classes range in contact length from 45 minutes once a week to half- and one-day workshops.

The education program is strongly supported by the Ames residents and central Iowa. Approximately 1,300 adults and children attend Octagon classes over the course of a year. In 1997, the Sargent Photography Studio was renovated and opened for aspiring photographers. In 1999 the children's studio was remodeled and turned into two more modern spaces for the creation of children's artwork.

The Octagon Shop features the artwork of about 125 Iowa and regional artists. Artwork ranges from pottery, jewelry, sculpture, photography, fibers, wood, paintings and mixed media pieces. The Octagon Shop is an active member of The Ames Main Street Cultural District and is a popular spot for downtown shoppers.

The Octagon hosts a number of annual special art events such as the Education Open House, The Holiday Open House, the Annual Benefit Auction, and the Octagon Art Festival (formerly known as Art in the Park), which is scheduled for Sept. 28 from 10 a.m. until 5 p.m. More than 100 artists will display and sell their creations. The visual arts, performing arts, local cuisine, and children's art area form the foundation of the festival. A children's art area will offer hands-on experiences and local vendors will provide tasty food. Two stages will be filled throughout the day with live entertainment from area entertainers. Admission is free for festival visitors. An attendance of more than 14,000 is expected this year.

The Octagon Center is staffed by a small group of dedicated arts enthusiasts and relies heavily on community support. Membership, donations and volunteers' hours allow the Octagon to continue its mission of serving the arts community of Ames into the new millennium.



Q&A with HEATHER JOHNSON, curator of The Octagon Center for the Arts.

How are exhibits picked? How do you decide whether to exhibit an artist's work? Must mandatory qualifications, requirements, etc., be met?

Exhibits are selected from exhibit proposal entries sent in by artists. We do ask that the submissions include artist biography, availability dates of artwork for exhibits (average exhibit length at the Octagon is 6 to 8 weeks), synopsis of exhibit theme/category, and around 12 images of artists work. The Octagon has received some very fascinating entries, however some must be turned down due to extravagant shipping fees (such as large sculptures) and or rentals fees of traveling exhibitions that are too high for our budget. I also try and view local artists works in person to help select pieces for the exhibit from their entire collection. I find that artists sometimes have a difficult time narrowing down 200 pieces of their creations down to 40 or so to be showcased. We also need to make sure that the artwork is properly presented. If there is a scratch on the frame, hairs under the glass, or markings on the matt board, this takes away from the quality of the piece. There is nothing more tragic than an artist investing so much time toward creating a beautiful piece, only to have a poor presentation that's distracting and pulling attention and admiration away from artwork.

(Continued on page 8)

(Continued from page 7)

A few of our exhibits are also juried. This means that a professional artist will jury the submissions and narrow down the final selections based on digital images. Our Annual National Clay, Fiber, Paper, Glass, Metal and Wood Exhibition is selected by a professional artist usually residing outside the state of Iowa. We then bring in the juror to view the final artworks in person so they may select the award winners.

What kind of events/activities does the Octagon have? For example, art shows, festivals, workshops, etc.?

The Octagon Center for the Arts offers about 200 classes/workshops a year for students of all ages. We have a Shop Gallery that features and sells artwork by more than 175 artists, most of whom reside in Iowa. The Octagon hosts between 8 to 10 exhibits a year in our two galleries. The Octagon also hosts gallery talks and live demonstrations given by various artists. Our big annual event is the Octagon Art Festival, which has been taking place for 38 years! It first started in Bandshell Park and was known as Art in the Park. The Octagon Art Festival takes place the last Sunday in September. Since 2003, the grand festival has moved to the Main Street Cultural District of Downtown Ames. This free event features live entertainment throughout the day, tasty cuisine, nearly 120 juried artists from eight surrounding states, and a children's area where kids can work with arts and crafts. This is a wonderful event for the whole family to enjoy!

How big is the staff?

The Octagon has seven full-time staff members, and four part-time shop/gallery attendants.

Where does funding come from?

The Octagon is a private nonprofit organization. A misconception is that we are funded through the city. Some operations funding does come from the Ames Commission on the Arts grants, but only a small portion. A lot of our funding comes in through memberships, class/workshop registrations, entry fees from exhibits and from donations from the public.

Why is the Octagon Center for the Arts important to the community? Why are arts in general important to a community?

The Octagon Center for the Arts serves as a creative cornerstone for Ames and

surrounding communities. People of all ages can visit the Octagon and experience the arts on a multitude of levels: hands-on through a class, visually by walking through our galleries, auditory by attending a gallery talk or special events concert, and take home a piece of original art by purchasing artwork from the shop or exhibits.

Access to the arts in our community is an essential path toward achieving a vibrant society. The Octagon has provided a bridge between art, artists and audiences since 1966. More than four decades later, the Octagon continues to create a thriving and vital space for the arts through adult and youth education and outreach programs, exhibits, gallery events and a wide selection of arts and crafts by Iowa artists in the Octagon Gallery Shop.

The arts are important to any community because they provide an outlet to communicate with others different experiences and emotions that otherwise may be hard to verbally express. I've even taken a pottery class at the Octagon that has proven to be quite the stress reliever.

Have you ever looked at a painting or photograph for a few moments and chills went down your spine or you got goosebumps? That's a sign that you have connected with the art. You may not have even liked the theme depicted in the image necessarily, but your physical reaction shows you have somehow experienced that art first hand. That's what I think art is, it somehow celebrates and invites connections to be made even on the simplest of levels.

One of my favorite quotes that I keep posted on my desk states, "Art washes from the soul the dust of everyday life." -- Pablo Picasso.

As curator, what is your background, credentials, etc.?

I have a bachelor's degree from Iowa State University in biological pre-medical illustration. A lot of people hear that and wonder how I qualified for a curator job. I was fortunate to obtain a job while in college working as the assistant to the museum director and chief curator, Lynette Pohlman, at the Brunner Art Museum in Ames. My two years of hands-on experience within a museum wound up providing me with a career path I now love. I have been curator at The Octagon Center for the Arts now for over 6 years. One of my fondest memories of working at the Brunner was being able to help install an original painting by the famed artist Mary Cassatt in the Impressionism Exhibit. That was one exciting moment for me as an college art student!

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[FITNESS] Language ARTS

By DEBRA ATKINSON, MS, CSCS

What you say is what you get. No doubt some elementary school teacher somewhere told you to never start a sentence with "and" "but" and "or." This month's lesson focuses on "but."

But, don't misunderstand. There are other big language mistakes to be made. The abundant overuse of the word "no" outside of the first 24 to 36 months of life, and the use of "however," can also be the cause of toxic disease that leaves you vulnerable to the poison of negative thinking and sedentary living.

Every word that you speak, and the way that you speak it, is programming your brain. If you are in business, if you provide a service, and most certainly if you are a consumer you are familiar with the concept of customer service. Consider yourself for a moment both the customer and the one providing the service. You need some serious training in customer service excellence.

That prior English teacher told you that starting a sentence with "but" creates a fragment. Using it in the middle of the sentence is generally no better. The fragments you need to be worried about don't just earn you a lesser grade, they earn you a lesser life.

The words you use shape the way you think. The way you think is shaping your body and your life.

Try this exercise. For one day, maybe one morning or afternoon, and if you have a short attention span, one hour, become acutely aware of how often you or someone in your presence uses the words "no," "but," and "however" as they speak. This is the foundation of all you do. If you fined yourself just one dollar for each of those words every time they were spoken, could you fill your gas tank? Recently, an executive who did this exercise found that he did this \$429 times over the course of one afternoon! Half a day! You may not even realize that you are doing it. This is your chance to find out.

The negative effect of a sentence that begins or includes "no" "but" or "however" is destructive to the building up and foundation laying that may in fact be your goal. You could very well be sabotaging yourself and your relationships simply out of habit. You are either building yourself up or

tearing yourself down. Find out.

You could begin your exercise program today, however, the kids keep me busy and there is so much to do. No, it would be easier to wait until next month. You do really have good intentions, but someone or something always interrupts you once you get started. You know you'll feel fit and healthier by moving; however the family needs to come first. No, fitness is something that takes time.

That last paragraph should have left you with a very different feeling than the rest of this article. Did you notice the brick walls in every idea? Each intention had an excuse and exception for why it wouldn't work or won't happen. Eliminate the destructive language. Replace them with either space or with "and." You could begin your exercise program today. Sounds like a time for new beginnings and recommitment for everyone. It would be easier to wait until next month. That may just be a fact or statement you agree with and stating it is not a negative, it just is. It will always be easier to talk about it instead of doing it. You know you'll feel fit and healthier by moving; and the family needs to come first. You are the family! If your needs don't come first, will theirs be met as well???

One word, three letters, makes all the difference. Replace the "but" in your language with "and." See what a difference it makes in the possibilities that appear in your life. Conjunction junction ... what's your function ... the function of the words is to connect to your thoughts and to your actions. You create it all by choice. Become conscious of words and your thoughts, as they become your actions. Your actions become your habits.

Every word counts. Tightening your purse strings this past summer wasn't much fun. So when you choose to "spend" time exercising, it has a more negative effect on you than if you were to invest time in yourself and your fitness, or better yet, enjoy time exercising.

Certainly, your actions speak louder than words. Your words are seeping into your thoughts and affecting your action or inaction. Start reframing your words with intention and watch as you empower yourself. There is a direct application in your personal, professional life, and in your wellness. What you say is what you get.

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A letter to Lily

By BETH FLEMING

Beth Fleming is writing her memoirs to her grandchildren. This letter is to Lily, the oldest. As a result of Beth's experiences in Africa, she has begun a project to provide bicycles for widows in Sudan. For more information see www.nubaonwheels (for her personal story click link on left side of Web page.)

August 2008

My dear Lily...

Grandparenting is such a special connection. We grow and learn together.

You thrive on my delight in you and glean lessons from me. I learn fresh approaches to life from you.

You embody that untarnished "childlike" faith: joyful, receptive, trusting, open and ecstatically pleased with life's small discoveries. Like a dancing sunbeam you confidently claim your place in the universe, not yet succumbing to worldly expectations; not yet inhibited by stifling self-doubt. You remain free from learned, unhealthy belief systems that can derail your unique, God-created essence. Your presence reminds me, Lily, attending to the small and simple things may give us our best and purest glimpses of God.

Seeking and seeing the goodness in the Creation as a reflection of its Creator will be one of the most important, joyful things you do in life. Yet as easy as this sounds now, challenges may come that cause you to have your vision temporarily clouded, to question, ignore or even resist God's goodness.

Imagine this, Lily. You are expectedly alone and lost in Jordan Creek Mall and unable to find your Papa or Mama in the

unfamiliar expanse, despite your crying out or searching for them.

Scary, confusing, lonely? Of course. Sometimes grownups, too, can feel abandoned or frightened when they surrender an important dream, are deeply betrayed, or experience profound loss. "Dark night of the soul" or "wandering in the wilderness" is how some describe a time of deep despair, sadness or questioning.

Like being all by yourself in a strange and hostile land, without clear roadmarkers, it can be hard to then recognize hopeful signs along the way.

Your Grandma B. didn't have to wander around in a wilderness for 40 years, like the complaining Israelites did, all groaning and joyless. But left alone to raise three teenagers, I did have a significant time of waiting, wandering, wondering. Deep loss, change in roles, shaken beliefs; all led me to feel like I was in a very strange land indeed, with no clear direction and more questions than answers. Helplessness and confusion became temporary traveling companions. My faith seemed fragile, Lily, and this felt most frightening of all.

Yet your grandmother can honestly tell you that the "wilderness" time actually became the fuel for reigniting more passion in my life, more freedom to explore and participate fully in life.

The result? More openness to the Spirit's surprising work. Let me share a wilderness lesson that occurred this past October.

I went with friends to northern Kenya, a wild and arid part of Africa, to learn about the Turkana who are nomadic goatherders. There I visited remote villages and primitive, dirt floor churches. Picture a stark and desolate land, Lily, cement-dry with sparse vegetation, searing heat, little water. People are dependent solely on what nature provides and nature can sometimes be unfriendly and unpredictable. Roads, if any, are rutted and difficult to navigate or nearly invisible in shifting, wind-blown sand.

I was asked to briefly speak to a small group of worshippers at Kalobeyei, a remote parish whose attendees reside in grass and mud huts and often walk hours to services. What message might be meaningful to people who know no English, are astonished by western appearance, and are limited, I thought, in spiritual training or understanding?

An ancient scripture continuously entered my mind: God will provide "roadways in the wilderness and streams in the desert." That message seemed ironic and impossible in Turkana-land.

Soon I would learn much from the Turkana.

The night before the church visit, I

learned via the Internet that a lifelong friend had died hiking in another desert, the Mesa in Utah. Forty years of shared tears, laughter and soul-fed connection abruptly ended. I temporarily felt those wilderness sensations of lostness, abandonment, and wrenching pain rise again in my distraught spirit. How could I continue in this severe land with these strangers, an unknown language, and a climate that taxed my strength and resolve?

What was the meaning in all of this? Why this pain? I cried myself to sleep that night unable to soothe my questioning soul.

The next day I sat red-eyed and exhausted amidst a small group of exotic looking Turkana. The women were wrapped in brightly colored fabrics with beaded necklaces stacked to completely cover their necks. Their shiny, bald heads were interrupted in the center by an unruly row of tiny braids. As we sat on primitive logs, one young woman continued to stare at me with wide-eyed inquisitiveness as I repeatedly smiled back at her. The service ended with a brief prayer for me in my loss in a language I could not fathom.

As we were departing, the curious woman gestured wildly to the astonishment of all around her. She ran away from us, her long wrap flying as she sprinted towards a nearby hut. Within minutes she was back,

placing a beaded, goatskin purse around my neck. Speechless, I marveled at the native workmanship which was surely her most prized possession. Without words, she removed a delicate beaded ring from her finger and placed it on one of mine.

In that silence, Lily, was a profound communication of love such as I've rarely experienced. The interpreter asked for her name: Nakalelian. In English it is translated "Flowing River."

Like a cup of life-giving water given to a thirsty traveler, Flowing River's gift of love and beauty provided the evidence I needed that all would be well and that God was with me.

And so, Lily, as the oldest grandchild, please pass these lessons on to little sister Eva and cousin Zeb. If one day your paths becomes unclear and you fear losing your way, look for signs of the Creator. Attend to the beauty and goodness around you. There will be "streams in the desert" and "roadways in the wilderness" if you remain open to them. Perhaps you will discover the simple beauty of a resilient, flowering cactus in a nearly unlivable climate. Or, be touched by a person whose heart is open and generous. Glimpse God through whatever signs He gives to you. And be reminded, you are forever loved.

Grandma B.

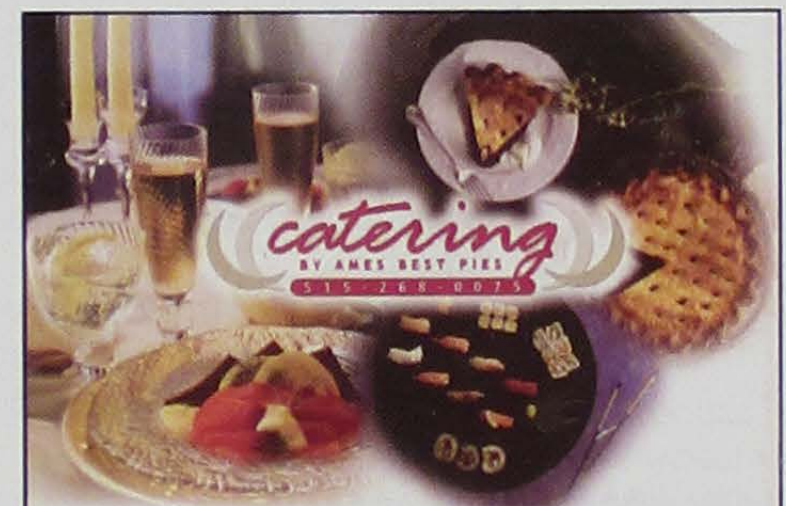


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Central Iowa's growing season ends with the first hard frost, but the harvest of garden produce continues throughout October. Acorn and butternut squash are plentiful at local farmers' markets, along with their colorful cousin, the pumpkin.

The flavor of FALL

By JOLENE PHILO

This month you can make a traditional fall treat, pumpkin pie, with Iowa grown pumpkin. When you shop for Halloween pumpkins, ask vendors if they also carry pie pumpkins. They are usually smaller, with flesh that is more tender and less stringy than that of jack-o-lantern pumpkins.

This year, I purchased a variety called "Pick a Pie" pumpkin. The salesperson assured me would have enough tender, tasty flesh to make filling for one pie. The pumpkin was as tender and tasty as promised, but I had enough filling for three pies.

Before the farmers' markets close at the end of October, stop by to get your own pie pumpkin and use the recipes below to create a fall flavor to enjoy with family and friends.

'Pick a Pumpkin' Pumpkin Pie

2 cups pumpkin filling	¾ cup sugar
2 large eggs	1 12-ounce can evaporated milk
1 teaspoon cinnamon	¾ teaspoon cloves
¾ teaspoon allspice	½ teaspoon ginger
¼ teaspoon salt	1 unbaked pie shell

Preheat oven to 425 degrees. Put pie shell in a 9-inch pie pan and crimp the edges. In mixing bowl, combine pumpkin, eggs, sugar and spices. Use an electric mixer to combine ingredients. Then, slowly add evaporated milk. The mixture will be smooth and runny. Pour into pie shell and place in oven. Bake at 425 degrees for 15 minutes. Then turn heat down to 350 degrees and bake for 45 – 50 minutes or until a butter knife inserted into the middle comes out clean. Remove from oven and place on a wire rack to cool. Serve warm or chilled. Serves 8.

HOW TO MAKE PUMPKIN FILLING

- With a large, sharp knife cut pie pumpkin in half.
- Remove the stem and throw away.
- Use an ice cream scoop to scrape the seeds and stringy matter from the cavity of the pumpkin.
- Slice each half into 3 or 4 wedges.
- To steam the pumpkin, cover either the bottom of roasting pan or Dutch oven with water. Place pumpkin wedges in the pan. Put the covered roasting pan in the oven for about an hour at 350 degrees. Or put the Dutch oven on the stove and let simmer for about an hour or until the pumpkin is fork tender. Remove from heat.
- When the pumpkin is cool, remove the outer skin. Cut the pumpkin into chunks and place the chunks in the blender to puree.

THESE AREA OUTDOOR MARKETS ARE OPEN THROUGH OCTOBER 30:

- **Ames Farmers' Market:** Outdoor market open Thursdays from 2 to 7 and Saturdays from 8 to 1 at the Main Street Depot in downtown Ames. For more information, go to www.amesfarmersmarket.com.
- **North Grand Farmers' Market:** Open Wednesdays from 3 to 6 and Saturdays 8 to noon in the J.C. Penney parking lot. For more information, call (515) 232-7930.
- **Boone Farmers' Market:** Thursdays from 2 to 6 in the Boone Walmart parking lot. For more information, call Scott and Julie Wilbur at (515) 432-9038.
- Check out this Web site for a county by county listing of Iowa corn mazes and pumpkin patches: www.pumpkinpatchesandmore.org.

FREEZING PUMPKIN

The USDA Extension Service does not recommend canning pumpkin because of its low acid content. However, pumpkin can be frozen safely. So check how much pumpkin filling is needed in your favorite recipes and fill freezer bags accordingly.

Recreate

By JANE M. ZANTOW

Spontaneity and ingenuity culminate incessantly in the hands of Julie Adams and Brenda Schwager of "JB Knacker." Within the pistachio green walls of their homey shop, one finds action and promise. Energy focused on beauty. Promise focused on the fun getting there. Taking the old and making new is the theme and process of their endeavors. An old skate, a rusty rake, a ladies white glove, grandma's domino chip; all fodder for the fun.



Julie Adams, left, and Brenda Schwager, co-owners of JB Knacker.

Salvaging old items to recreate new items is the business of JB Knacker, 123 Main Street, Gilbert. Upon entering Julie and Brenda's shop we are encountered with "I wouldn't have thought of that" ideas for our home. There is a genuine mix of aesthetic. It is quite possible to find something a bit unusual as well as something within the confines of our favorite home decor magazine. In fact, each and every time I visit, the place has a new look.

Often, there are large pieces of furniture for one-of-a-kind purchases in that just-the-right-place. And more than often there is the explosive variety of odds and ends; heroic rescues of days gone by, memorabilia and ephemera.

With a new season or color theme prevalent, the very essence of creativity seeps from the walls. Everywhere you look something is being said.

The business card available upon checkout reads, "funky finds and quirky designs." How appropriate.

Julie, a self-taught painter, likes to splash color onto furniture in a cheerful way. Unexpected, yet appreciated floral design can be found around the shop on various pieces of furniture, as well as traditional framed canvas. Brenda has an eye for collage and assemblage. She has expressed her energies in many of the designs within those pistachio green walls. They have been friends for years. You can go online to read their story at www.jbknacker.com.

The designs are what capture my attention. Yet too, I'm drawn to the fact that Julie and Brenda offer workshops for their creative overload. They actually share it!

"Where did you find this?" one may ask of the charm necklace or the antique book journal with bright, white empty pages. For these curiosities they offer workshops. Customers can actually sign up to attend a class. Perhaps a bit unaware of the fact that they are offering therapeutic benefits

to the customers who sign up, they forge on collecting material for journal making or charm necklaces. Within the confines of descriptions, categorizations and definitions, art therapy consists of the following: "therapy that encourages the expression of emotions through artistic activities such as painting, drawing or sculpture; based on the belief that the creative process involved in the making of art is healing and life-enhancing." Thus, we describe an essential element of our humanity - creativity. And thus, we describe an essential element of JB Knacker.

Both Julie and Brenda Schwager are proficient in the collection of ephemera. Ephemera is anything short-lived or fleeting. It is also an integral part of the elasticity and engine of JB Knacker. Brenda describes



ephemera as something "not meant to be saved." Say, for instance, the bottle caps from soda bottles or the stray sheet of music found amidst a pile of papers. All not monetarily valued, but evoking a feeling of sorts, none the less.

And not everyone would say to themselves, "Gee, this is cool. What can I do with this?" But Brenda and Julie see value in things "not meant to be saved." They encourage recycling of the creative kind. During workshops, they have lots of fun encouraging creativity in others. Julie says she hears people say they think they are not creative, but she is pleasantly satisfied at their

end result and finds too that the customer is as well! People attending workshops discover something about themselves during the process. Again, another therapeutic benefit of art therapy.

On the table of a typical journal workshop can be found a sampling of the following: pages from old books, vintage coin wrappers, old millinery, fabric, antique post cards, photos, tickets, fishing licenses, buttons, lace, maps, game pieces and even ... cat-eyed glasses. Once constructed, journals can track and reflect inner thoughts and feelings. Much like the integrity of art therapy, the journals help to evaluate inner workings. Julie sees customers personalize their creations for gifts or use the piece for themselves and allow them to carry a sentimental value. Herein lays the therapy. Brenda is surprised by all of the thought that goes into the different groups of people taking the workshops. She tells her customers to find an old book cover that means something special to them. Maybe it's the color, maybe it's the quaint little title with the word "chum" in it. The charm workshop allows customers to bring photos of their choice or to use the mountain of old photos in the shop. There is room enough for a photo on each side of the glass, which is then soldered together around the edge. And the journal workshop consists of JB Knacker's collection of odds and ends - rick-rack, buttons, letters, poetry, photos - the list is endless.

Together Julie and Brenda have joined forces in valuing what may be lost, and recreating something newly merited. They creatively express their work and design as well as give an overload of inspiration. Julie and Brenda's innovative restorations, designs and workshops help us restore ourselves. Unbeknownst to them, they are therapists. They help us to recreate that essential part of who we are or hope to become, and to savor for just one more time the fleeting, unexpected beauty life has waiting for us around each corner.



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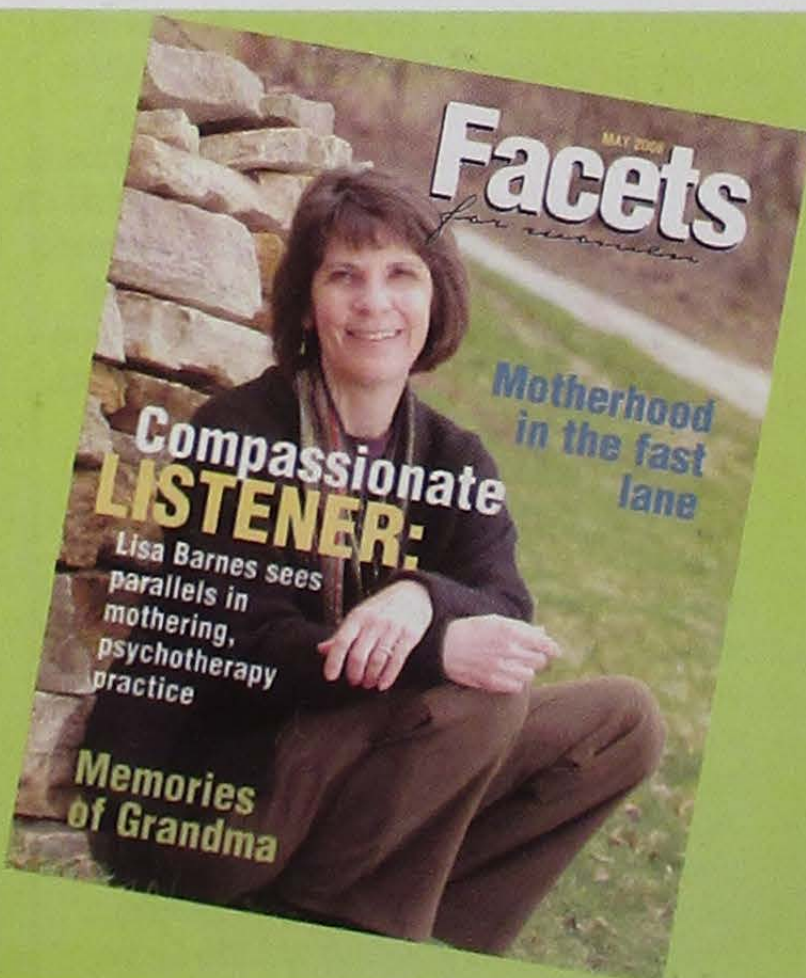


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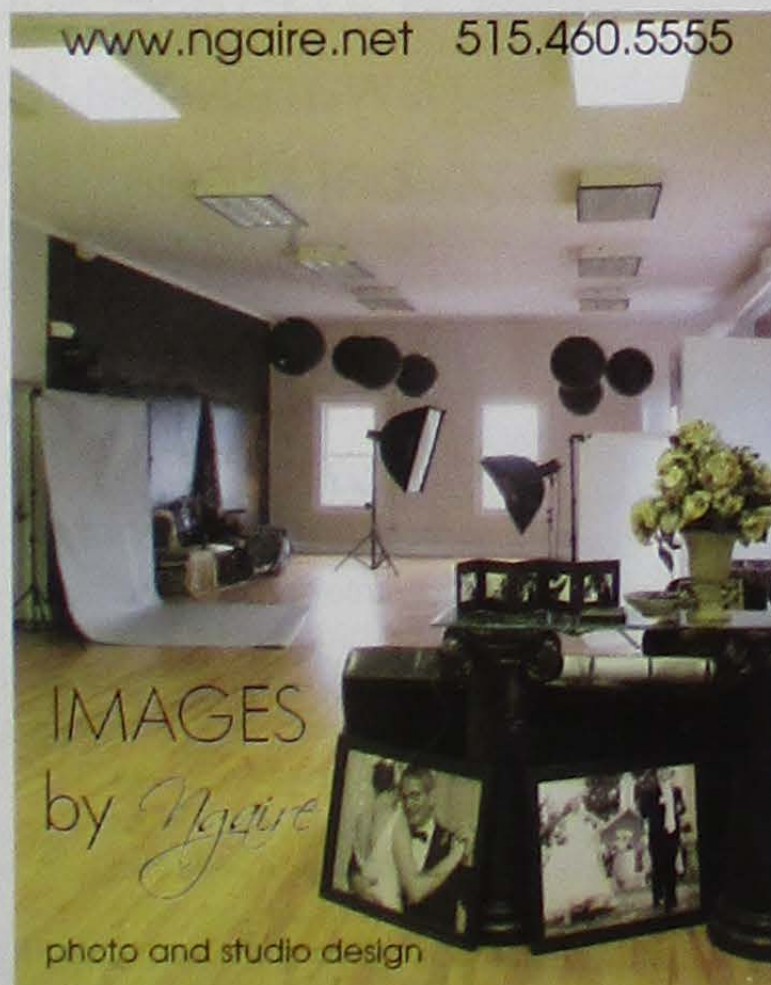


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Compassion in ACTION

"Compassion is uncritical acceptance born out of the knowledge of what someone is going through."

By JANE M. ZANTOW

Breathing deeply now for the first time in days, I find comfort in the fact that the people in the room with me have an understanding of what I've gone through. They seem to know and accept my difficulties, not shutting their ears to them.



Here, I am safe. Here, I can seek the whys of it all. I look to the front of the room where the woman speaking stands confidently. Deb Niehof, director for Central Iowa NAMI, smiles as she greets those listening. At that particular moment she is not director of NAMI, but a member, a volunteer and a teacher to those hurting family members attending the evening's

class. She needed the information herself for coping with her pain and confusion, so she volunteered for training in Des Moines thinking that was one way to get the information she needed. Family to Family, one of the many helpful aspects of NAMI (National Alliance on Mental Illness) is a program written by Joyce

Burland, a psychologist from Vermont. She herself was a mother in need of facts and information when the world around her was crumbling with bias, stigma and stereotypes. Burland herself was amidst a blur of family crisis when she wrote the class outline.

Crying inside. Holding breath inside. Fears set aside to inquire after any help ... then hope. Who is this woman? She's smiling. She knows something I do not. She's not restless. She has answers. She is confident, poised and hopeful. I remember that I wasn't comfortable with her confidence, because I was so distraught over my own family member's illness. My grief was huge. Maybe it wasn't so much that I wasn't comfortable, but rather that I didn't understand it. How could she smile? How could she have hope? This is a nightmare! This is so big! But her

Our goal is to erase stigma by educating and raising awareness that mental illnesses are biological illnesses that can be effectively treated. This happens one person at a time."

discussion and group. That was four years from this writing.

First impressions do matter. Her confidence developed in the ashes of her own painful encounter with a family member's illness, and blossomed into the beautiful quality of strength she now displays. Involved previously as a volunteer, she arose to the challenge of teaching the Family to Family class in 2000 when a family member became ill. Story County was without a teacher. In fact, the state of Iowa was one of the few without this

words were comforting. They cooled my raging grief with waters of truth. The one remaining hope was my love for my family member. That's why I was there. That's why NAMI exists. Information helped to dispel the darkness and fear of my nightmarish encounter with mental illness. It will not always be like this, the smiling woman seemed to be saying.

When I met with Deb recently, to discuss the Central Iowa division of NAMI, I was once again met with that huge smile, radiating confidence. Because of her study



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and support she communicates readily that mental illness should not be judged any way different from other illnesses.

"One in four families is affected by mental illness. It's the illness without the hot dish," she said.

"What does that mean," I ask. Well, if one in four families is affected by mental illness, then we may know of someone needing a helping hand or encouragement of some sort, but because of the stigma we keep our distance and we remain silent instead of asking how they are doing.

Patients with mental illness fill more hospital beds per year than patients with heart disease, lung disease and cancer combined. We can offer a listening ear. Ask intelligent questions. Get educated. Sending notes of encouragement telling them you are praying for them. It's amazing how much that means."

We talk a bit about the advancements in medicine these past 10-15 years and how much this has allowed for patients to have a better quality of life, as well as becoming high functioning individuals. Once again I'm glad for her contributions. Her stability and poise still steady my nerves about the subject. She is a hero in my eyes and probably in the eyes of those she helps to organize. Working half-time at the NAMI office she brings in speakers and sets up

mental health forums in a variety of places. Deb also answers the phone when a mother calls for information on NAMI's support groups.

Amidst the many activities and inroads, NAMI of Central Iowa was part of a task force that brought Crisis Intervention Team training to Story County. These police officers are trained specifically to deal with persons with mental illness who are displaying psychotic or violent behavior. NAMI of Central Iowa is part of a task force that initiated the Story County Jail Diversion Program, which offers needed treatment rather than incarceration for some persons with mental illness who become involved in the criminal justice system.

I asked Deb about the purpose and drive behind NAMI. "Our goal is to erase stigma by educating and raising awareness that mental illnesses are biological illnesses that can be effectively treated. This happens one person at a time." And most certainly, this keeps Deb busy. The Hollywood stereotype of the mentally ill person does not show them recovering and functioning after crisis. Instead that stereotype instills the haunting fear that keeps away necessary and helpful people in the lives of those suffering. It is a cartoon-like quality that society paints of one struggling through their crisis which prevents compassion and

breeds loneliness or confusion.

Deb's smile is one of confidence and hope. Her joy in serving comes from watching the compassionate engine within NAMI propel people forward into healing and good health. As Deb motivates others into serving she finds that most of the volunteers are people who have first hand experience.

"They've lived it and have been helped. And they are ready to help others." She enjoys the humor and openness of the volunteers giving as they work along side each other to promote wellness in the lives of their loved ones and their community. Deb views their work as an important tool to erase stigma. "Stigma is a mark of shame born out of fear of the unknown." And she views the kindness of the volunteer's time shared as compassion. "Compassion is uncritical acceptance born out of the knowledge of what someone is going through."

Personally, I'm grateful for those volunteers of Central Iowa. There is a place to be accepted and not judged amidst the struggles. Finding strength to continue in those understanding sighs and caring questions help bring about needed change, right medicines, good doctors, hope and encouragement. Thank you, NAMI. Thank you, Deb Niehof!

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Red, White and Blue KEEPSAKES

By Ann Green

Some things are meant to be. Dan Gould, a principal at Boone's Franklin Elementary, was looking for a project. Betsy Nimock, a St. Louis artist, was looking for students. Gould wanted to incorporate the character building theme emphasized in his building and create a lasting keepsake for his fifth-grade students. Nimock wanted to share her passion for historical collages and turn-of-the-century handwriting lessons based on moral instruction.

While visiting Shoppes on Grand, Gould discovered Betsy Nimock's flag collection. Each antiqued flag was embellished with early century penmanship lessons. The lessons — such as: Speak the truth! Speak it boldly, never fear. Speak it so that all may hear; in the end it will appear. Truth is beautiful and brave. Truth crushed to the earth shall rise again! — were still relevant.

The Franklin PTO agreed to purchase all 10 pictures for display in the school building. Soon, Nimock and Gould agreed the Flag Project was perfect for his fifth-grade students.

In 2002, Ms. Nimock met with her first group of Boone children. Nimock had found a way to print paper flags that could be written on and more importantly, the writing erased in case the children made a mistake. Using her flag posters as a foundation, the children made ragged cuts around the flags' edges and used vintage red thread for a trompe l'oeil effect. The results, just as Nimock promised, created the illusion of real antique flags.

The children worked with their classroom teachers to pen a personal mission statement. They were encouraged to talk to their parents and identify important family character traits — maybe Grandpa valued honesty or a great aunt had shown tremendous courage. The children were challenged to choose traits they could identify with. Traits that may help them weather the turbulent adolescent years ahead. Nimock says, "... It is my belief and hope that their flags hanging in their parents' home will strengthen their sense of self at a time peer pressure is getting harder and harder to avoid."

It has been six years since Betsy Nimock first introduced her concept to Boone fifth-grade students, and they still

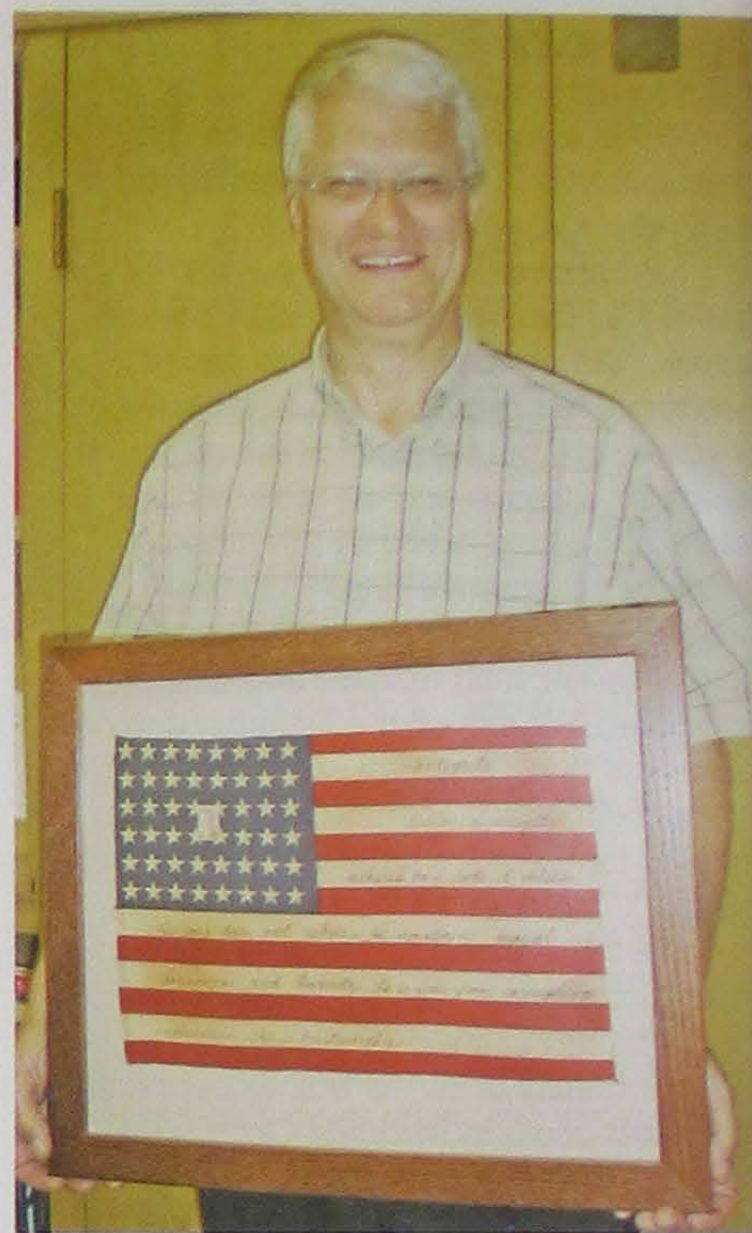
take it seriously. Some children clamor to share their ideas and missions, but there are always a few unpredictable children. Sometimes they surprise everyone. Dan Gould says, "There are certain kids, you think it won't affect them, but then they write something powerful."

The children do the bulk of the work — creating the flag image, writing their statement, matting and framing the print, and even stringing the mounting wire. But this is one project that benefits from the support of the community. The classroom teachers and Kelly Duncan, the art teacher, assist the students; the PTO buys the flag posters, burlap, foam core and mounting wire; Stark-Welin Funeral Directors pays for all the frames and glass; and The Home Office tints the children's school pictures for a vintage look.

When the pictures are finished, Gould reads every one. Then they're hung in the gym — approximately 170 flags lining the walls — for the Fine Arts Program. An oversized flag from Moffitt's Ford Lincoln Mercury is an added back drop for the program.

Gould credits the classroom teachers, Kelly Duncan, and community support for keeping the project alive. But as the Fine Arts Program reaches its conclusion and parents and children claim their keepsakes from the gym walls and tenderly carry them out the door — one has never been broken — the Franklin staff can't help but realize what a prized possession they've helped create.

A common vision brought Dan Gould and Betsy Nimock together. That vision has crossed all socio-economical and academic lines bringing Betsy's legacy to all children of Boone, Iowa. It's a partnership Mr. Gould and Ms. Nimock seemed to have just fallen into, or maybe it was always meant to be.



Dan Gould is holding one of Betsy Nimock's latest works of art.

Betsy Nimock's FLAG PROJECT

"The Flag Project is my heart project and I want to see it soar," says Betsy Nimock. "I'm always open to venues for the (Flag) project to be utilized." To date, she's worked with 30 schools through out the United States and several vacation bible schools.

Nimock recognizes fitting such a large program into the school year can be daunting, but realizes being flexible is crucial to guaranteeing the project's success. In Boone, it's been incorporated into the language arts program, but one Colorado school offers it in as a summer school class.

Nimock requests that schools not grade the final flags. She says, "... This project helps the kids to spend time really thinking about what is important to them as they grow up. I think putting a grade on that would be a mistake."

To Reach Betsy Nimock:

E-mail: bnimock@sbcglobal.net

mcdmo@sbcglobal.net

Web site: www.betsynimock.com

october calendar

Wednesday, Oct. 1

Constitution Day Lecture and Part of the National Affairs Series: How Will America Change? welcomes Neal Katyal, an expert in national security law, the American Constitution, the Geneva Conventions, and the role of the president and Congress after 9/11. He successfully challenged the policy of military trials at Guantanamo Bay Naval Station, Cuba. Katyal attended Yale Law School and is currently a professor at Georgetown University Law School. He served as National Security Adviser in the U.S. Justice Department, was co-counsel in the Supreme Court presidential election dispute of 2000, and represented the deans of most major private law schools in the landmark University of Michigan affirmative-action case. Admission is free.

Thursday, Oct. 2

More than 200 contestants will come to compete for points that can ultimately earn them a chance to compete at the prestigious College National Final Rodeo in Casper, Wyo. There will be two long-go rounds and one short-go round with the contestants competing in the following events (as well as for All-Around Cowboy and Cowgirl honors): Bareback Bronc Riding (Men), Saddle Bronc Riding (Men), Bull Riding (Men), Tie-Down Calf Roping (Men), Steer Wrestling (Men), Team Roping Header (Men/Women), Team Roping Healer (Men/Women), Breakaway Roping (Women), Goat Tying (Women) and Barrel Racing (Women). Advance tickets will be sold in the booth in the Memorial Union, near the food court on Sept. 23, 24, 25, 30 and Oct. 1 and 2 from 10 a.m. to 2 p.m. The event will be held at the ISU rodeo arena, south of Highway 30 on State Avenue. Cost of advance tickets is \$5-\$9 advance tickets, or \$6-\$10 at the gate. Children age 5 and under are free. A two-day pass can be purchased for \$15. For more information, call (563) 543-6583.

Friday, Oct. 4

"Fifth of July," is about a gay, paraplegic Vietnam veteran, Kenneth Talley, Jr., who lives in his childhood home with his boyfriend botanist. On the holiday weekend, Ken is visited by his sister and a group of friends who spent their college years together as activists as they try to reconcile real life with their dreams. Tickets are \$14 for adults, \$12 for seniors, \$7 for students. Fisher Theater, 7:30 p.m. For more information, call (51) 294-2624.

Monday, Oct. 6

Keith Edwards uses dialogue, activities and a multimedia presentation to encourage college men and women to become involved in changing a culture on campus that encourages or condones rape. Men are described as the perpetrators in 99 percent of single-victim rapes, yet most rape prevention efforts focus on what women can do. This presentation identifies for men what they have to gain from ending campus rape. Keith Edwards is director of campus life at Macalester College and founder and director of Men Ending Rape. Great Hall, Memorial Union, 7 p.m. For more information, call (515) 294-9934.

Tuesday, Oct. 7

Come to the Farm House Museum to enjoy a traditional Victorian tea from 11 a.m. to noon. After tea, all are welcome to join a guided tour that will highlight different topics each week, including Victorian era music, women's work through the years, Victorian dining and more. For more information, call (515) 294-3342.

Through Oct. 12

The Iowa State Memorial Union is hosting an exhibit by Washington, D.C., artist Jeanette May from her recent series "Fertility in the Age of A.R.T. (Assisted Reproductive Technology)." The show is on display through Oct. 12 in the Gallery.

In her artist's statement, May described the content of the exhibit. Fertility in the

Age of A.R.T." wryly combines photographs and text in order to reveal the clashing perspectives on contemporary fertility issues. How do wealth, race, age and sexual identity determine one's place in this 21st century fertility ritual? Like magic, pulling a sonogram out of one's wallet transforms a fetus into a baby. Seven-foot tall plywood storks sprout from the lawns of suburbia, boasting of successful procreation. Ads in college newspapers entice egg-producing coeds to sell their well-educated ova. Men's sperm are extracted, tested, sorted, frozen, thawed, injected, rejected, sold by the vial, and — on a recent German reality television show — raced in organized competition. The sheer volume of fertility-related images, advertisements, news items, and self-help books evidence a peculiar and powerful alchemy of culture, nature and technology."

The Iowa State Memorial Union is located at 2229 Lincoln Way in Ames on the ISU campus. The Gallery is on the third floor and doubles as a meeting room. For viewing times between 8 a.m. and 10 p.m., call (515) 296-6848.

Through Oct. 19

The Octagon Center for the Arts will showcase 60 vibrant paintings by 53 Iowa Watercolor Society members from Aug. 15 through Oct. 19. This year's juror is Stephen Quiller, an internationally known painter and workshop instructor famous for his studio and on-location paintings of Colorado landscapes. His paintings have graced covers and his work has been featured in articles of many leading art magazines. Quiller will be giving a free gallery talk and book signing on Tuesday, Sept. 16, at 7 p.m. in the Octagon Galleries. The Octagon is at 427 Douglas Ave. in downtown Ames. Hours are Tuesday through Friday, 10 a.m. to 5 p.m., and Saturday through Sunday, 1 to 5 p.m.

Wednesday, Oct. 22

Each phase of a woman's life brings unique financial challenges. With smart planning, you can make the most of your money, whether you're just starting out, single, married with a family, starting over, or in your golden years. Come hear about tips, tactics, and solutions that you can use now — wherever you are in life — to help increase your odds for a more secure financial future. Memorial Union, from noon to 1 p.m. For more information, call (515) 268-8601.

Saturday, Oct. 25

The Boone County Historical Society and Women's Groups will re-enact the 1908 Boone Suffrage Parade. For more information, visit www.celebratesuffrage2008.org/index.php or contact the Boone Historical Society at (515) 432-1907 or e-mail info@celebratesuffrage2008.org.

Wednesday, Oct. 29

NiteLite Promotions is proud to present the legendary B.B. King for one performance only on at 7:30 p.m. The Mississippi native, born Riley B. King, has defined the blues for a worldwide audience. King began recording in the 1940s and has released more than 50 albums, many of which are classics. One of the most influential guitarists of our time, B.B. King has had an impact on both modern blues and rock and roll. Relatively unknown to most until the late 1960s, King broke through the barriers of race and national boundaries when he recorded an adaptation of the Roy Hawkins song, "The Thrill is Gone." With his famous trademark guitar, Lucille, B.B. King is constantly on the road performing. King has received numerous honors including seven Grammy Awards, the Presidential Medal of Freedom, the Grammy Lifetime Achievement Award, member of the Rock and Roll Hall of Fame and the Blues Hall of Fame. Ticket prices are \$74.50, \$54.50 and \$44.50. Tickets are available at the Iowa State Center Ticket Office, all Ticketmaster outlets, Ticketmaster.com, or charge by phone at (515) 233-1888 in Ames, (515) 243-1888 in Des Moines, (319) 363-1888 in Cedar Rapids, or (563) 326-1111 in the Quad Cities. Stephens Auditorium is located at the corner of Lincoln Way and Beach Avenue in Ames. Doors open at 6:30 p.m.

Girlfriend's guide to

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The art of spending

By KAREN PETERSEN

“**S**he has spending down to an art.” When I hear that phrase my defense mechanisms jump to alert and I try to analyze the source and intent of the comment. Is this a complement because I am a careful spender? Or is it a comment like the one I heard from my granddaughter, Allie?

This summer out of the blue this 7 year old blonde said, “My daddy says you and mommy will spend money on anything.” I decided not to ask any questions.

When I say the art of spending I am talking about how we spend our money; our spending plan or budget. Merriam-Webster online dictionary defines budget as a plan for the coordination of resources and expenditures.

I posed two questions to several local women:

1. Do you have a budget?
2. What methods do you use to manage your spending?

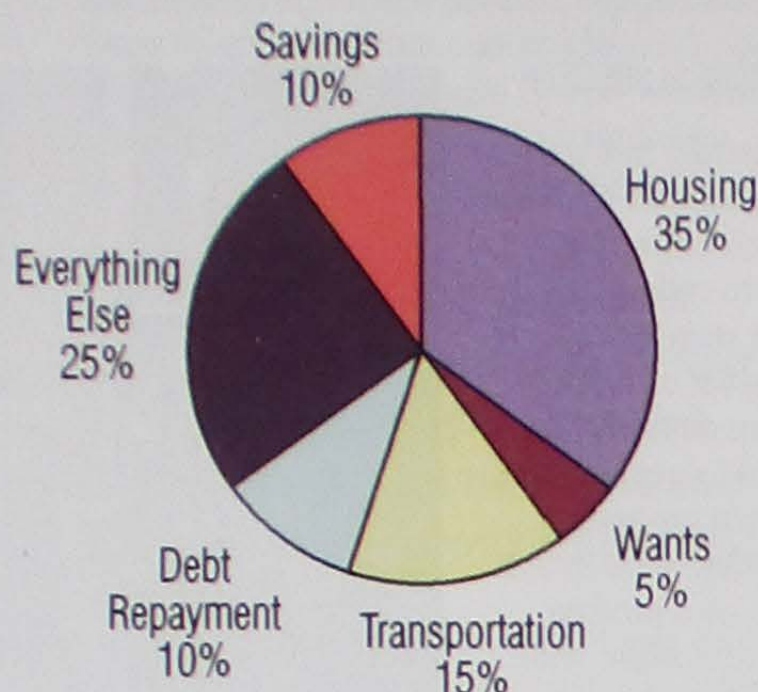
On the budget question, 36 percent of the women responding said no budget and no need; their spending habits were on autopilot. Of course, that means that 64 percent do have and use a budget.



Photo by NGAIRE WEST-JOHNSON

Spending Plan

Housing	35
Wants	5
Transportation	15
Debt Repayment	10
Everything Else	25
Savings	10
	100



Here are tips local women use to manage spending:

Several women talked about rarely buying new. This is a method to reduce spending. But even more than saving money, it is a challenge to find treasures at a fraction of the cost. Sisters I know spend Saturdays checking the garage sales for rare finds. Another woman frequents consignment shops and garage sales for the challenge of creating something out of a reject. Some realize cash from selling unneeded furniture at consignment shops. A local artist looks for something dated she can "bring to life."

Gasoline costs have become an issue for many. As a way to control the gas consumption many women told me they combine grocery shopping and all other errands in one weekly trip.

Tips to reduce the cost of eating are plentiful:

- Shop the grocery specials and purchase food in bulk.
- Prepare a weekly meal plan.
- Make a list and send another family member to the store.
 - They tend to buy only what is on the list.
- Cook once for several meals.
- Pack food and drink when you travel.
- Take your lunch to work.
- Set an "eat out" budget and become creative with stretching that amount.
 - Share a meal.
 - Drink water.

- Have an appetizer instead of an entree.
- Substitute a walk and a picnic.

Other ideas

- Use the library.
- Cable/dish: determine if this is really how you want to spend this much money.
- Clothes shopping.
 - Shop with a list: Know what you need.
 - If it isn't on your "need" list do not buy.
 - Eliminate impulse buying. Take time between seeing and buying.
- Keep car and home well maintained.
- See movies at the dollar theater.
- Determine the amount of cash you need each month.
 - Take enough cash to last an entire month.
 - Challenge yourself to make it last longer.

Creating and monitoring your spending plan may seem tedious until the day you realize you are living the life you want to live ... because life is more than money.

Karen L Petersen CFP® CDFA™ is a fee based financial advisor. You can contact her at (515) 232 2785 or karen@mymorethanmoney.net.

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Arts and Culture –

A Journey of Transition

By ROSE ELSBECKER

I would like to take this time to present an opportunity to you to reflect upon your own journey as an artist or creator, as we all have an inborn propensity toward creation, whether it be in the area as a mother, grandmother, wife, daughter, friend, homemaker, businesswoman, nurse, pastor, mentor, seamstress, gardener, artist, craftsman, teacher, writer or volunteer, just to

name a few. Have you noticed that your journey lends itself to discovery, to a time of transition, when you begin to discover a new spark, a new light within that leads to discovering new goals, new desires, new dreams, new talents, and new skills along with a surprising variety of outlets for those skills? With time and patience, networking, talking with others in the field, researching trends, working to discover new resources, strategies, venues, as well as working to polish your skills and your presentation, one begins to discover a whole new world of opportunity out there, breathlessly awaiting your own signature touch, your own brand, your own unique way of doing things. We are all individuals and all have an inherent uniqueness to offer to the world around us everyday.

Please allow me to take this time to introduce to you an artist who sees herself as ever-evolving, a masterpiece in the making. Her name is Swarts, and her personal mission is to make each day a masterpiece and to inspire someone in some way, each day along the way. Pam is a professional who seeks to challenge herself to be at her professional best in everything that she does. Swarts earned her bachelor's degree in applied art and design in 1972, and then got a bachelor's in home economics education in 1976. She first put her skills to work as an educator, teaching at the high school level, as well as in the field of interior design. She moved on from there to work as an adult-education coordinator at Iowa Valley, the local community college in Marshalltown. Swarts also continues to serve



Ceramic artist Kris McKibben, left, visits with guests during Thursday After-Hours at the gallery.

on the Marshalltown Community School Board, this being her 10th year. She has also put her skills to work as an interior design consultant.

Swarts' journey has led to some exciting new directions and has taken on some intriguing turns, having now led her to open a new art gallery, The Perfect Setting at 13 W. Main St., in Marshalltown. The store opened in the fall of 2006. The gallery setting can best be described in Pam's own words as follows: "My vision for The Perfect Setting was to create an art experience where visitors can learn, taste, touch, meet, design, collect and enjoy!" The gallery features original work by more than 50 regional artists, including glass, textiles, jewelry and pottery. Carefully selected, artful, American-made manufactured gifts are also available at affordable prices, the shop offers a full range of professional custom framing services."

"Two threads have wound through the years leading up to opening this business: a deep desire to add beauty to people's lives and a sense of responsibility in making my community the best it can be. Though at a point where others might have retired, I saw this stage of my life as an opportunity to create something significant, to fill a gap in terms of amenities in Marshalltown, and to offer a venue to the any talented artists I've met."

The educator in Swarts has made the business well-known for events such as "Brunch and Learn" mornings to "Ardi Gras" nights. Last year, the shop coordinated a silent auction to benefit a

Main Street theater restoration project, and this summer "Thursdays-After-Hours" featured a live artist and wine tasting each week."

I have had the privilege of attending some of the colorful "Brunch and Learn" sessions. The most recent session I attended featured Iowa artist and owner of Ellinwood Studios, Sheryl Ellinwood of the Pella area. She is an amazing artist, and her work is featured in galleries throughout the United States. Ellinwood's journey led to some exciting new discoveries, having herself made a most unusual but fascinating transition from the world of glass blowing to the world of jewelry making. This led to more new discoveries. While visiting Southeast Asia a few years ago, Ellinwood discovered and bought some intricately designed silver pieces from villagers from what is known as the Hill Tribe area. The Hill Tribe area is inhabited by ethnic minorities, including many immigrants of China who had brought their ancient silver-making skills and traditions along with them. The women of these remote villages work to create a market for their beautiful silver pieces in order to support their families. Not only was she intrigued by the mastery of their work, she found a way to pursue her goal of women empowering other women by working with and buying the silver pieces,

which she then incorporated into her own designs through a medical missionary that she had met on her trip, thereby benefiting the village directly.

The reactions of the women attending the brunch and learn session ranged from tears to applause that one so talented could show us another example of how women using their inborn talents and skills can have a tremendously positive impact on

Don't be afraid to discover new talents within and to use them in new ways, don't be afraid to try and see yourself succeeding in your endeavors.

their own lives and the lives of those around them, having a ripple effect that can literally transcend the world.

The advice from Ellinwood to others beginning on a new journey was, "Don't be afraid. Don't be afraid to discover new talents within and to use them in new ways, don't be afraid to try and see yourself succeeding in your endeavors. She tells us, as do other experts, to network and talk to others in the field, others who have been successful in making it where you would like to go. She has had the delightful experience

of transitioning during her journey and discovering those amazing new talents within.

A word of advice from Swarts: "Advice for other women. I think one must be a judicious risk-taker to open a business today. Dream, research, talk with supporters and non-supporters alike, interview people who have walked in the shoes you are considering, take entrepreneurial classes (and do all the exercises), make sure you can get financing beyond what you think you need, engage trusted help, hire like-minded assistants so you can get out and stay connected with other businesses and organizations. Most importantly, be a lifelong learner, willing to evolve with consumers, technology and your chosen field."

I would like to encourage you to remember that you are not alone on your journey. Enlist a friend, a mentor, someone who believes in the gifts that you have to offer, and walk together, talk, together, pray together, laugh, cry, hug together, and share with one another your goals and dreams, along with the bits and pieces of knowledge and intuitive, or practical bits of wisdom that you've gained along the way. Set your sights high, aim to discover your own ingenuity, and don't forget to share with us some of your own surprises along the way!

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hue & cry

Definition: Any loud clamor or protest intended to incite others to action.

Anyone can appreciate the beauty in art

By MARY HALSTRUM, *Facets Editor*

I'll be the first to admit I am in no way, shape or form artistic. However, that being said, I can still appreciate art and the true beauty of creating something from nothing.

I've never been an artsy or crafty sort of person. I'm more of a linear sort of gal. I think a little more inside the box than is probably necessary to be an artist. I can't draw except for stick people and hearts, and those don't really count. I can't sew, not even a button. I don't knit, make pottery, paint, or work with metals, none of which are my cup of tea. But I know several people who can, and I am truly amazed by them and their talents.

What I find particularly

interesting about artistic and crafty people is how they can take an idea or a concept in their head, and then make it into something tangible. Regardless of whether everyone agrees that their creations are beautiful or show real talent, isn't really the point. It's that they do it at all. They make something from nothing. That's what's so cool about artsy and crafty people.

My mother, Judy, is one such person. She's been sewing clothes for me as far back as I can remember. The greatest gift she ever gave me was making my wedding dress, which included a veil and a train. When she was finished, I remember looking at the dress and thinking

it was the most beautiful, delicate thing I had ever seen. The dress was damaged in the recent flooding, but my mother was able to fix it, thank goodness, as I've earmarked the dress for both of my daughters to wear at their weddings if they so choose. The dress is also a little piece of my mother that I'll always have as a reminder of her long after she's gone from this earth.

Another artistic person in my life is my friend Chuck, a former Iowa State University jewelry and metalsmithing instructor who looks like a member of ZZ Top. He made a beautiful brooch for me several years ago that sits in my jewelry box saved for special occasions. He retired from ISU several years ago and moved to Atlanta, Ga., to build a boat, which is nearly done. He recently came out of retirement to teach at Columbus State University. I guess the retirement experiment didn't quite take. Or maybe he just missed sharing with others his artistic knowledge on a daily basis.

My friend Ngaire West-Johnson, who owns Images by Ngaire in Ames, is an extremely talented photographer. I met Ngaire during my college years and reconnected with her

shortly after coming to work at The Tribune. Back then she took pictures of the bands we regularly saw performing around Ames. Flash forward 20 years and most of her jobs include wedding photos, family photos and the like. Her studio is covered with examples of her talents.

My daughter Katharine is a talented artist in her own right already, and she's only 6 1/2 years old. I just bought her a sketchbook, her first one, so she can carry it around with her wherever she goes and draw whenever or whatever strikes her fancy. She takes art classes every year and has had her artwork on display at the Des Moines Art Center and the Pastoral Center in downtown Des Moines. Whether or not she turns this into a career or not doesn't really matter. The point is that she enjoys it and she's good at it.

What do all of these people have in common? They had an interest in art, developed and nurtured that interest, and have been successful at their endeavors. Through perseverance and dedication they continue to mine their talents. And hopefully, they will share their creations with me and others who will appreciate them for years to come.

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away or buy inexpensive colorful plates at a discount store. The resulting ambiance is so inviting and mealtime becomes a special family time.

One way to perk up your everyday life is with your wardrobe. Wearing colors that blend with tasteful accessories can portray your creative side. Mood can be enhanced and confidence increased. I love wearing my blues and browns with beads and long, dangling earrings. I shop thrift stores and look for sales at the end of the season to find a skirt or shirt that looks like me and I go from there. Sometimes I use jewelry or other items I've saved from the 70s. It's kind of fun.

So go to craft sales, browse furniture stores, take note when you visit other homes to get ideas for your own home. Just try a project ... a small undertaking at first. Gather the supplies you need and jump into the project. Once you start seeing results, you'll really get motivated. It is a positive thing; you'll feel good about it. Get started. Anything goes.

The artist in you

One of life's simple delights is found in using your artistic side. Being creative gives immediate satisfaction, joy and a sense of accomplishment.

By SUE ULLESTAD

It may be simply decorating a room at home in a different way, and not necessarily spending money to do so. In my computer room, I painted two walls burgundy, one wall medium gray, and the last wall $\frac{1}{2}$ burgundy and $\frac{1}{2}$ gray with a 6" black horizontal stripe between the two colors. I salvaged an old bookcase, mirrored dresser and cane-backed chair from my aunt's storage room. I topped the bookcase and the dresser with antique lace doilies given to me. Large plants and my dried flowers in floor vases added to the homey look I wanted. Sometimes I just go in the room and smile, admiring the results.

Your artistry can be expressed in the outdoors also. Decorative brick and paver stones can be used to give boundary and depth to a landscaping masterpiece. Contrasting shades of foliage in shrubs and perennials contribute to the eye-pleasing surroundings. Focal point, differing heights of plants and bushes, and using sets of threes are a few hints to consider. Many afternoons and evenings are spent just gazing at the picturesque planters on our horizon to the east.

Everyone can undertake some kind of a project or craft that would add their own flare and personal statement to their home. My sister-in-law, Pat Holman, designed and painted six raised 16-by-16 canvases depicting the six days of creation. Each canvas captures the essence of what God created on the first day, second day and so on. They are done in modern pop-art fashion using different textures and colors to portray each day. The display is so unique and becomes an instant topic of conversation when visitors stop by.

Another sister-in-law of mine, Rita Gilbertson, glued broken pieces of pottery and dishes onto an antique wooden hutch that she had first painted. The end product is stunning. She placed it in the corner of her bedroom, so it is the first thing you see as you walk in the room. I've never seen anything quite like it and it is so ... her.

Creative talent emerges in the little perks in the home. This may be in as common as setting the dinner table in a special way. Table runners, cloth napkins in holders, candles and floral arrangements can add so much. Use that china that's been stored



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meet a faceted woman

Name: Andrea Carsrud

Age: 34

Position: Owner/stylist House of Hair

Family: Single mom, one son, 9.

.....

What would you do with \$1,000 to spend on yourself? Use it for a down payment for a new Harley.

Your favorite meal: Lemon grass chicken at The Spice.

Craziest fashion you ever wore: I Want My MTV earrings.

I never leave home without: A change of shoes, pack of gum, cell phone, a list of things to do for the day.

Your favorite motto: When life gives you lemons ...

What makes you happy? Watching my son grow as a person. He's amazing. Also, pizza, beer and chocolate.

What makes you feel confident? Riding my motorcycle and fixing things by myself.

What makes you laugh? My son. He's an entertainer. Craig Ferguson. Client Becky Rozeboom.

What have you accomplished that has made you proud? Breaking away from the pack and opening my own salon. Raising my son. Making it all work.



Do you believe in New Year's resolutions? No. Do you have one this year? No.

Best tip to look and feel great: Keep up with the times. Take time to take care of yourself.

How do you take care of yourself financially? Work hard.

If you could do or be anything you want, what would it be? Crime scene investigator.

If you knew then what you know now, what would you have done differently? I would have started my own business a lot sooner. It's not as scary as one might think.

How do you reward yourself? Chocolate. New lotion or body wash from It's All About Me!

My idea of a nightmare job: Anything that doesn't require imagination or artistic abilities.

My simplest pleasure: Music, lots and lots of music.

I crave: The ocean. These long winters and short summers make me dream of sand and blue water.

I secretly love: Michael Phelps.

When I am an old lady: I hope I can still keep up with the times and be a cool grandma.

I am thankful for: Family and really true friends. I've found that good ones are hard to find.

Favorite wardrobe staple: My favorite shoes/Dansko's.

What financial advice would you give other women? Never share a checking account.

How do you give back to your community? I do most of all my shopping in downtown Ames and around town.



What is your favorite kind of chocolate?

ANDREA CARSRUD: Dark Chocolate of any kind! I can enjoy chocolate anytime, anywhere.

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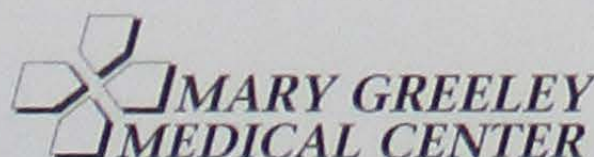
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